



July 1, 2013

Island Insight



This publication is published weekly and contains information about, for, and of interest to the Island Workforce. This document is also available on the Island Intranet under "Information" and on the installation website at www.ria.army.mil under "About USAG-RIA" and then "News" and "Local News."

Island Insight Submission: <https://home.ria.army.mil/sites/ii/ii.cfm>

Sections:

- [Arsenal Traffic/Construction](#)
- [Building/Space Closures](#)
- [Active Duty/Reserve Zone](#)
- [Safety Spotlight](#)
- [Equal Opportunity Focus](#)
- [Morale, Welfare & Recreation \(MWR\)](#)

- [MWR Leisure Travel Office](#)
- [Child, Youth & School Services](#)
- [Army Community \(ACS\)](#)
- [Employee Assistance Program](#)
- [Education/Training Review](#)
- [Defense Commissary Agency/PX](#)

- [Arsenal Archive](#)
- [Healthbeat](#)
- [Notes for Veterans](#)
- [Car Pooling Announcements](#)
- [Around the Q.C.](#)



Ask the
Garrison Commander

As First Female Commander of JMC, French Takes Command:

Brig. Gen. Kevin G. O'Connell addressed the Joint Munitions Command one last time as he turned the ammunition command over to Brig. Gen. Kristin K. French. "I think what I am most proud of is the culture of the workforce, where we routinely work to see and assess ourselves and continuously strive for improvement -- every day better. You can't ask for any more than that," he said. The Joint

Munitions and Lethality Life Cycle Management Command and JMC held their change of command ceremony July 2 on the historic grounds of Quarters One. The pleasant weather created a scenic view with the Mississippi River in the background. French, former commander of 3rd Sustainment Command (Expeditionary), Fort Knox, Ky., takes command of the JMC just six days before the start of sequestration's government administrative furlough.

O'Connell will move to Fort Bragg, N.C., where he will be the deputy chief of staff, Logistics, for the U.S. Army Forces Command. Leading from a new helm, French looks forward to supporting fighting forces in a new way. ([More](#))



"HOME OF US ARMY LOGISTICS"

Independence Day Holiday Safety

Message: This Independence Day, our great Army Family and nation will celebrate 237 years of America's freedom. In the tradition of the patriotic men and women who have come before you, your service ensures our liberties as a free people are sustained. Thank you for what you do every day. Fireworks, parades, barbecues, family reunions and various other events celebrate the history, government and traditions of the United States. We need to acknowledge the unique risks associated with such events, and take the proper precautions to avoid injury. I ask everyone to include composite risk management into your holiday plans to help ensure safety is priority one. Pay particular attention to alcohol-sponsored events. Sadly, the "4th" is also one of the deadliest holidays: Do not drink and drive nor allow others to do so. Take a moment to review the tools and resources available on the [US Army Combat Readiness/Safety Center website](#). Working together, we can make this a safe and enjoyable holiday. - Maj. Gen. John Wharton, Senior Mission Commander, Rock Island Arsenal



Arsenal Factory Commander's

Tenure Draws to a Close: The Rock Island Arsenal Joint Manufacturing and Technology Center Commander Col. James O. Fly, Jr., has been in command for more than 34 months. His tenure will come to a close on July 11, when he turns the command over to Col. David J. Luders. "My command here at the Arsenal has been more rewarding than I could have ever imagined, and I will miss being a part of this phenomenal operation and team," Col. Fly said. "My wife, Ella, and my sons have called the Quad Cities home for more than four years, during which we could not have asked for better support from the community and Arsenal Island." ([More](#))



ASC Soldiers Mentor Camp Youth:

Soldiers of the Army Sustainment Command supported Casa Guanajuato Quad Cities Fiesta Camp at Rock Island Arsenal, Ill., on June 19, as part of a leadership-based field trip. The all-day field trip included warfighters' stories, a fire



Upcoming Dates

July 2: JMC Change of Command Ceremony
July 3: Red, White & Boom 📅
July 4: Independence Day (*Federal Holiday*)
July 4: AMVETS 55th Annual 4th of July Parade 📅
July 8: DoD Furlough Days Begin
July 8 - Sept. 30: RIA Davenport Gate Closed Through Furloughs
July 11: JMTC Change of Command Ceremony
July 9-11: DA Photo Studio Availability
July 16-18: USAG-RIA Motorcycle Experienced Rider Course 📅
July 17: Military Consumer Protection Day 📅
July 19-20: FMWR Summer Golf Tournament 📅
July 26: RIA AUSA 2013 Golf Outing & Steak Fry
July 27: 39th Annual Bix 7 Run/Walk (Downtown Davenport)
Aug. 6-8: DA Photo Studio Availability
Aug. 8: Freedom Run - Downtown East Moline 📅
Aug. 9: First Army Organization Day (T)
Aug. 10: 10th Annual Xstream Cleanup (Numerous Sites Around the QC)
Aug. 12-16: CBWTU Muster Week
Aug. 12-16: HQ JMC TA4C (T)
Aug. 17: Colonel's Croquet Party – COL Davenport House 📅
Aug. 23-24: Tribute to Our Fallen 📅
Aug. 26: Women's Equality Day
Aug. 29: Honor Flight, Moline Airport
Sept. 2: Labor Day (*Federal Holiday*)
Sept. 10-12: DA Photo Studio Availability
Sept. 11: Patriots Day, 9/11 Observance Ceremony (T)
Sept. 17: Constitution Day
Sept. 17-19: USAG-RIA Motorcycle Cycle Experience Rider Course 📅
Sept. 20: POW/MIA Recognition Day Ceremony
Sept. 22: Quad Cities Marathon (Runs across Arsenal Island) 📅
Oct. 8-10: DA Photo Studio Availability



department and museum tour, a window bus tour, and a weapons display. The main lesson the Soldiers focused on was how to be successful in the military, and in life, and what the children should do now if they want to have a rewarding future. ([More](#))

Army Announces Force Reductions,

Future Civilian Cuts: The Army on Tuesday announced it is reducing its force and end strength with cuts that will also affect supporting civilian jobs in the coming years. The service plans to reduce end-strength by 80,000 soldiers, with the goal of having 490,000 troops by fiscal 2017, Army Chief of Staff Gen. Ray Odierno said during a Pentagon press briefing. ([More](#))



Overhaul of Federal Blue-Collar Pay System Sought:

Blue-collar federal employees who work on the outskirts of some major cities could receive a pay boost under a newly offered House bill that would redraw the boundary lines used in their locality-based pay system. ([More](#))



Same-Sex Spouses Now Eligible for Federal Employee Benefits: The Office of Personnel Management is extending federal health insurance, life insurance and other key benefits to spouses of federal employees and retirees in same-sex marriages. All legally married same-sex spouses will now be considered eligible family members under the Federal Employees Health Benefits Program (FEHBP), Acting OPM Director Elaine Kaplan said in a Friday memorandum to agency heads. Employees and retirees have until Aug. 26 to make immediate changes to their FEHBP enrollment. ([More](#))



Hagel: Defense Department Welcomes Supreme Court Decision:

Defense Department officials will move forward in making benefits available to all military spouses, Defense Secretary Chuck Hagel said in a statement issued after the U.S. Supreme Court struck down the Defense of Marriage Act. The law had prevented federal agencies from offering all of the



same benefits to spouses in same-sex marriages that they provide to other spouses. ([More](#))

Feds In Same-Sex Marriages Given 60 Days to Update Benefits:

With the Supreme Court ruling this week that a key provision of the Defense of Marriage Act is unconstitutional, the Office of Personnel Management is giving federal employees in legal same-sex marriages 60 days to update or apply for new federal benefits. Federal employees in same-sex marriages have until August 26 to make changes to their health and life insurance among other benefits, according to a new memo from acting OPM Director Elaine Kaplan. ([More](#))



TSP Reviewing Spousal Rights In Light Of DOMA Ruling:

The 401(k)-style program for federal employees says it is reviewing its policies on the rights of spouses in light of the U.S. Supreme Court's decision in the Defense of Marriage Act case. The Thrift



Savings Plan is one of numerous government benefit programs potentially affected by the decision invalidating the law that defined marriage for federal purposes as being only between a man and a woman. ([More](#))

Use of Social Media to Support

Antiterrorism Awareness: The Army antiterrorism theme for the quarter four of fiscal year 2013 (Q4/FY13) - July through September - focuses on the use of social media to support antiterrorism awareness and community outreach. The importance and usefulness of social media continues to grow across the Army - antiterrorism protection is no different especially in light of a persistent terrorist threat. ([More](#))



Make July 4th Financial Freedom

Day: Each year, on the Fourth of July, stop to consider what retirement independence can really mean for you. Then-- do something revolutionary! Here are four things you can do to. 1. Set a savings goal. Use the [OPM's Federal Ballpark Estimate](#) to automatically



calculate estimates of future Civil Service Retirement System or Federal Employees Retirement System retirement benefits and Thrift Savings Plan account balances and see how well you are doing in meeting your savings goal. 2. Increase your [TSP contributions](#) or start making TSP contributors. 3. Use the [Federal Reserve's Credit Card Repayment Calculator](#) to get an estimate of how long it will take you to pay off your credit card balance—take action. 4. Get and review your [free annual credit report](#).

2013 Hiring Our Heroes Job Fair –

Davenport: There will be a job fair for veterans at the Brady Street Armory, 3615 N Brady Street, on **July 30**, to include a hiring fair 10 a.m. – 1 p.m., and an employment workshop at 9 a.m. This workshop for veterans and other military job seekers will focus on resume writing; tips for successfully navigating hiring fairs, military skill translation, and interviewing will start at 9 a.m. To register for the Hiring Our Heroes Employment Workshop, visit <http://hohworks.eventbrite.com>. For registration questions, please contact us



at hiringourheroes@uschamber.com or call (202) 463-5807.

Traffic Compliance Checks: The RIA Police Department will increase

compliance checks due to an alarming rise in invalid driver's

license and vehicle

registration

infractions. To

combat this rise in infractions the RIA police department will be conducting no-notice random checks. Please ensure you are in compliance with applicable traffic laws/regulations.



Change in Hours Military ID/CAC

Office: Effective Monday, **July 1**, the hours of operation for the Military ID/CAC Office will be changed due to the government furlough. We will be open Monday through Thursday with first appointment at 6:20 a.m. and the last appointment at 2:30 p.m. Our office will be closed every Friday beginning **July 12** until **Sept. 30**. [To schedule appointments, please use our online](#)



[scheduler](#). Or you can call our office at (309) 782-0596.

Furlough-Based Change in Hours for Garrison DPTMS Installation

Security Intelligence Office: Effective Monday, **July 1**, the customer service hours of operation for the Garrison DPTMS Installation Security Intelligence Office will be changed due to the government furlough. We will be open Monday – Thursday, 8 a.m. – 3 p.m. Our office will be closed every Friday beginning **July 12 until Sept. 30**. To schedule fingerprint appointments, please send fingerprint appointment request via [email](#). Please send System Access/Authorization Request, and JPAS Visit Requests [to this email](#).



Change in Hours for RIA Legal

Assistance Office: Effective **June 24**, the hours of operation for the RIA Legal Assistance Office will be changed due to the government furlough. We will be open Monday – Thursday, 8:30 a.m. – 5 p.m., with lunch



from 12-12:30 p.m. Our office will be closed every Friday beginning **July 12 until Sept. 30**. To schedule appointments, please call our office at (309) 782-1443.

Furlough-Based Change in Hours for Visitor's Control (Bldg. 23) and Badging Desk/CAC Reset Office

(Bldg. 225 North): Effective July 1, the hours of operation for Visitor's Control (Bldg. 23) and Badging Desk/CAC Reset Office (Bldg. 225 North) will be changed due to the government furlough. We will be open Monday through Thursday with the first appointment at 6 a.m. and the last appointment at 3:30 p.m. Our office will be closed every Friday beginning **July 12 until Sept. 30**.



RIA Transportation Division: The Passport Office will be closed on Mondays during the Furlough. The Freight Branch will be closed every other Friday and Monday during the furlough based on JMTC's schedule.

Bldg. 350 Fire Alarm Testing July 8:

On Monday, **July 8**, Tuesday, **July 9**, and Wednesday, **July 10**, the Garrison Directorate of Public Works is planning

to test fire alarm systems in Bldg. 350. Testing of audio and visual alarms will begin at 6 p.m. and will conclude at 9 p.m. each evening. The purpose of this testing is for final acceptance of the new system installed in eight computer rooms on the first floor.

VIOS Schedule for July, August,

September, and October: Official DA Studio Photography (DA, Government passport and command photos) will be offered at Rock Island Arsenal **July 9, 10, and 11; Aug. 6, 7, and 8; Sept. 10, 11, and 12; and Oct. 8, 9, and 10**.

Appointments may be scheduled online by submitting a DA Form 3903 Work Request using the Visual Information Ordering Site at www.vios.army.mil for the available times: 7 a.m. - 3:40 p.m. Click on "Frequently Asked Questions" on the VIOS site for more information. Walk-in appointments are not available. Photographs will be taken at the Photo Studio (Bldg. 56, basement, by elevator). Priority is: 1. Active duty Soldier's DA photos; 2. Official Government passport photos; 3. Official command photos; 4. DA photos for Army Reserve and Army National Guard Soldiers (not on active duty). The 8"x10" head and shoulders - command photos will be printed and available digitally. Additional prints can be



ordered in VIOS. To obtain an official Government passport photo: 1. Schedule a passport photo appointment at the RIA VIOS website. 2. Go to Transportation to obtain a printed DA Form 3903, Multi-Media/Visual Information Work Order, signed by the passport agent in Block 14. 3. Present that DA Form 3903 to the photographer before the passport photo is taken. You will receive two 2" x 2" passport photos. All scheduled dates can be found on the RIA VIOS website FAQ.

Blood Drive: The Mississippi Valley Regional Blood Center is hosting a blood drive in the Caisson Room (First Floor, Bldg. 60), on **Friday, July 11, 10 a.m. – 12 p.m.** If you would like to donate at this blood drive, feel free to e-mail SHoegerl@mvrbc.com with the time you'd like to schedule, or call their Donor Center at (563) 359-5401, ext. 119. A **2nd shift** blood drive will be held in the Cafeteria (Bldg. 210) beginning at **6:15 p.m. on Aug. 9**. A **3rd shift** blood drive will be held in the Cafeteria (Bldg. 210) beginning at **2:15 a.m. on July 12**. To sign up for a blood drive held on either the 2nd or 3rd shift, donors should contact their shift supervisor.



(Blood Transfusion En Route to Trauma Center Keeps Navy Vet Alive)



Charlie Corpuscle Says, "Blood donations are needed this summer to assure a safe and stable blood supply in our community. To accommodate the impending furlough schedules, we have amended the Rock Island Arsenal blood drive schedule for the months of July, August and September. We hope that these dates can be worked into your schedule, and that you'll be able to help with a blood donation(s) this summer."



The Army encourages its employees to volunteer as candidates for any of the variety of medical donor programs, including blood, bone marrow, and organ donor/transplant programs. For additional information [click here](#).

2013 WID Golf Tournament: Women In Defense 12th Annual Golf Outing: Friday, **Aug. 2**, at Glynns Creek Golf Course. \$65 per person/WID members \$60 per person. (Includes greens, cart, continental breakfast, lunch, beverages

and prizes) Registration/payment due by **July 19**. ([Flyer](#))

Arsenal Island Employee Local Discounts: The following discounts are exclusively available to Arsenal Island employees –

Bennigan's Rock Island: Arsenal employees, service men, service women you are always welcome at

Bennigan's in Rock Island, and to show you how much your welcome here, we offer a 25 percent discount off your meal, any day any time (☺). **Pepperjack's Restaurant & Lounge in Davenport:** Rock Island Arsenal employees receive 20 percent off their Pepperjack's entrée when they present their Arsenal identification card (one discount per ID) (☺). **New Life Chiropractic Clinic:** Arsenal Island employees, we're offering you a 20 percent discount on our services (☺).

Goebel Family Dentistry: Active duty members of the military receive a 10 percent discount on all services. All other Arsenal civilian employees who are new patients can receive either the free exam and x-rays or a free whitening treatment on their first visit (☺). **Big Mouthz BBQ:** We're offering all public



employees (city, county, state, and federal) \$1 off their order every Monday (☎). **Massages By Kim:** For the month of May, in honor of Military Appreciation Month, Massages By Kim is offering 10 percent off to all military and military families (with valid id) for an hour massage. Appointments can be made [online](#), where you can indicate that you're military when scheduling the appointment online in the "Note to Provider" section (☎). *This information is included for general workforce interest and does not constitute endorsement of the businesses or products.*

Discount Tickets to Blues Festival: Join RIA FCU at the 2013 Mississippi Valley Blues Festival **July 4-6** at Le Claire Park in Davenport. Active & veteran military can purchase ½ price tickets (\$10) at any RIA FCU convenient QC location. Tickets can only be purchased with military identification. Only two tickets may be purchased per day. For more information call (563) 355-3800.

RIA AUSA Chapter Wednesday After-Work Social: Come and meet the new Rock Island Arsenal AUSA Chapter leadership board on the Wednesday, **July 17**, 5 p.m., at Pub

1848 at Bass Street Landing in Moline and be part of the "Welcome to the Neighborhood Social" (Pub 1848 is located in Bass Street Landing, next to the Chop House). Pub 1848 has donated \$200 in beverages, once we reach that, you are responsible for paying our own tab. RSVP to keriausa@gmail.com NLT **July 15**.

RIA AUSA 2013 Golf Outing & Steak Fry:

The Rock Island Arsenal Chapter of the AUSA will hold its 14th Annual Golf Outing & Steak Fry on Friday, **July 26**, at the beautiful Arsenal Island Golf Course. Players ... hurry and [register for this event](#). Only the first 40 teams will play! AUSA is a 501(c)(3) non-profit educational organization that supports America's Army – Active, National Guard, Reserve, Civilians, Retirees, Government Civilians, Wounded Warriors, Veterans, and their family members. Proceeds from this event are used to fund all of our Chapter activities including our Soldier & Family Support programs, wounded warrior programs, veteran support initiatives, the USO/AUSA Emergency Relief Grant Program & the RIA AUSA Scholarship



program. For thirty years, our Chapter has supported initiatives to strengthen the viability of the Arsenal, aide MWR & ACS programs, sponsor veteran support programs and we have contributed more than \$125,000 in the last two years for Soldier and Family needs. ([More](#))

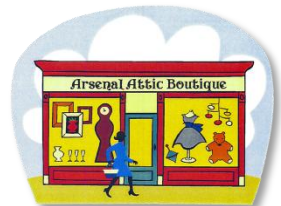
Low Cost Rabies Clinic at HSSC:

Owners of dogs and cats in need of rabies vaccinations are invited to bring their pet companions to the low cost Rabies Clinic at the Humane Society of Scott County from 5:30-7:30 p.m. on Tuesday, **July 30**. The rabies vaccination fee is \$7.50. All dogs must be on leashes and cats must be in carriers. Bring previous rabies vaccination paperwork if available. For more information, contact the Humane Society of Scott County at (563) 388-6655.



Arsenal Attic Thrift Shop & Boutique:

The Thrift Shop will be closed from **June 7 until July 15** for Summer Break. We will reopen for our



new season at 9 a.m. on Tuesday, **July 16**. Add these dates to your calendar. See you then. POC: (309) 782-6977.

Poker Night at Arsenal Island Golf Course Clubhouse:

The Rock island – Milan Little League is hosting a Poker Night at the Arsenal Island Golf Club on Saturday, **July 13**. This is a \$30 Deep Stack Re-Buy Tournament with unlimited re-buys for the 1st hour for \$20. Register 3-4 p.m. Start 4 p.m. POC: (309) 786-4534.

2013 Cards for the Troops: Join us for the 6th Annual Cards for the Troops at the Arsenal Island Golf Course clubhouse for a heartwarming evening of stamping cards for our deployed troops to mail home to loved ones. 20,000+ cards sent to date! RSVP at mssipple1@gmail.com. Packagers needed also. Please bring one roll of Scotch double-sided tape. Date: **Tuesday, Sept. 24**
Time: **6:30 p.m. - 9 p.m.**

Arsenal Traffic/Construction

Red White and Boom, Centennial

Bridge Closure: The Centennial Bridge will be closed on the evening of **July 3** as part of the Red White and Boom

celebration in the Quad Cities. Due to the river levels, the fireworks provider is unable to set off its display from a barge as in years past. With this said, they've received permission to set off the fireworks from the Centennial Bridge and to close the bridge (partially and then completely) on **July 3**. Because of the closure, the Government Bridge may experience higher than usual traffic, during these times. The hours for the bridge closure are as follows: • 9 a.m. - two lanes of traffic only; • 9 p.m. - bridge closed completely to all traffic; • 10 p.m. - two lanes of traffic; • Midnight - return to normal traffic (four lanes).

Gate Closures Due to Government

Furlough: Due to furlough reductions in security guard personnel, gate hours of operation will change as follows between **July 8 and Sept. 30**. **Moline Gate** will continue to be open 24/7/365. **Rock Island Gate** will be open Monday through Friday, 5:45 a.m. – 7 p.m.; closed Monday through Friday, 7 p.m. – 5:45 a.m.; closed weekends from Friday at 7 p.m. – 5:45 a.m. on Monday morning. **Davenport Gate** will be closed 24 hours a day, 7 days a week for the duration of the furlough. A request to except Security Guards from furlough is currently under review, with no decision to date. In the event that these

exceptions are granted, an updated notice will be sent.

Closure at North Ave. & Gillespie

Street: Phase 3 of the North Avenue project started May 6. Phase 3 consists of storm sewer and paving work at the intersection of North and Gillespie. The completion of Phase 3 will require **30 to 45 days of good**



weather. Barricades and signs will be installed and traffic will be routed in accordance with the detour map attached with both inbound and outbound traffic directions (North Avenue Project Phase 3 Inbound-outbound). DPW POCs are Joe Gumpert, (309) 782-1389; and Mike Panilo, (309) 782-6004.

Building/Space Closures



There are no announcements this week for Building/Space Closures.

Active Duty/Reserve Zone



Brigade Combat Teams Cut at 10 Posts Will Help Other BCTs Grow:



The Army announced June 25 that 10 brigade combat teams based in the United States are slated to be reorganized by the end of fiscal year 2017. In addition to the 10 brigade combat teams, known as BCTs, announced today, the Army also announced last year it would cut two brigades in Germany that complete inactivation this fiscal year. These changes will reduce the number of BCTs in the Army from 45 to 33. ([More](#))

CFPB Orders Return of Finance Fees to Military Service Members: The Defense Department and the Consumer Financial Protection Bureau announced a settlement in an enforcement action involving faulty auto loans that will result in financial institutions paying refunds to about 50,000 military service members. The CFPB ordered U.S. Bank and one of its nonbank partners, Dealers Financial Services, to return about \$6.5 million to service members, according to CFPB Director Richard Cordray. ([More](#))

40th Anniversary of the All-Volunteer Force (Army): The all-volunteer force (AVF) has been a resounding success for the American military and the American people, but it did not come about without tremendous effort on the part of policymakers and military

leadership. In the 1968 presidential campaign, candidate Richard Nixon noted that conscription "arbitrarily selects some and not others simply and cannot be squared with our whole concept of liberty, justice and equality under the law ... in the long run, the only way to stop the inequities is to stop using the system." As president, Nixon established a commission to study what it would take to establish a successful all-volunteer force: key military-manpower issues, including supply and demand, attrition and retention, and the mix of career and non-career members. The commission looked at pay, compensation and benefits, career progression, medical care, education, and service obligations. The Gates Commission concluded the nation's interests would be better served by an all-volunteer force than by a combination of volunteers and conscripts. ([More](#))

Active Duty Caddie Program at John Deere Classic: The PGA Tour will once again be sponsoring the Active Duty Caddie Program, for the John Deere Classic, on Wednesday, **July 10**. The PGA is looking for 20 active duty military to participate in the ADCP. The participants will be on-site all morning and will have the opportunity to walk

inside the ropes, caddie for, and interact with PGA Tour players. This is open to all branches of the service. Those wanting to participate must have their supervisor's permission for this duty time event. The point of contact for the Caddie Program is [Marc Raiken](#), (904) 543-5112 or (201) 919-6070.

NFL Punt, Pass and Kick Competition for Military Children

Only: Young pro football fans will have the opportunity to exhibit their football skills when the Rock Island Arsenal CYSS hosts an NFL Punt, Pass & Kick competition at 11 a.m. on **Aug. 17** at Cannon Flats Football Field. The competition is free and open to active duty military boys and girls ages 6-15. For competition information, call (309) 782-1651. Entry forms are available online at www.nflppk.com or at the School Age Center Bldg. 150. Interested individuals must register by **Aug. 3**. This national skills program provides boys and girls, ages 6 to 15, the opportunity to showcase their talents through a punting, passing and kicking competition in the sport of football. The top finishers from each of ten (10) age groups at the local competitions will

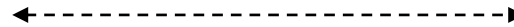


advance to a sectional competition. The winners at the sectional competition will have their scores compared with other sectional champions. The top four scorers from the pool of sectional champions advance to the Chicago Bears Team Championship, to be held at one of their home games.

Army Force Structure Changes: The Army announced its force structure and stationing decisions associated with the active component (AC) end-strength reduction of 80,000 Soldiers to 490,000 - a 14 percent reduction across the AC force - by 2017. These reductions are consistent with fiscal constraints resulting from the Budget Control Act of 2011 and the 2012 Defense Planning Guidance- Sustaining U.S. Global Leadership: Priorities for 21st Century Defense, but do not reflect additional reductions that will be required if sequestration-driven funding reductions remain unmitigated. ([More](#))

Attention Military Families: Grant funds from the Rock Island Arsenal Welcome Club are available for eight military families, currently in service to our country and veterans, to bring a dog or cat to the Rabies Clinic at the Humane Society of Scott County and have their pet companion vaccinated

free from 5:30-7:30 p.m. on Tuesday, **July 30**. Please present a valid ID. Only one pet per military family, please. Bring previous rabies vaccination paperwork if available. For more information, contact the Humane Society of Scott County at (563) 388-6655.



Safety Spotlight



Fireworks Safety: Make sure your Fourth of July Weekend explodes into joyous fun for the holiday by following some important safety tips from the Consumer Protection Agency and from the National Fire Protection Association (nfpa.org/safety information/safety tips sheets). These organizations offer valuable tips on fireworks, grilling, swimming, water safety and more to make your summer fun a safe time. The members at the Rock Island Arsenal Fire Department encourage you to review these sites and are there for your safety so your summer doesn't go up in smoke. Remember use or possession of fireworks on the Arsenal Island is prohibited. Check with your local cities and state for laws on their use of fireworks. Be Alert, Aware, Informed and Safe. Most of all enjoy your Fourth of July weekend. - P.L. Behr, Fire

Inspector, IMRI-ESF ([New CPSC Data Shows 60% of All Fireworks Injuries Occur Around July 4th](#))

Distracted Driving Is Deadly: Motor vehicle accidents involving a distracted driver kill thousands of people each year on America's roadways. Anytime drivers text, use a cell phone or navigation system, change a radio station, eat or drink, or do anything that diverts their attention from the road, the opportunity for an accident to happen increases exponentially. For some accident victims, they were merely in the wrong place at the wrong time and a distracted driver slammed into their vehicle. No matter the circumstances, organizations across the nation agree that distracted driving has become an epidemic on U.S. highways. ([More](#))

Got the Message?: Rusty Fine's voice trails off as he glances at the projection screen. The photo of a comatose teenager - tubes, wires and machines barely keeping her alive - has temporarily derailed his train of thought. He stares at the image for a second or two more before clearing his throat and continuing with the presentation. "This is what happens when you text and drive," he says, pointing at the photo. "And it might not be you who dies."



What if you killed someone while texting and driving? How would you like to live with that for the rest of your life? That's baggage I wouldn't wish on anyone." ([More](#))

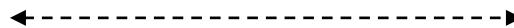
Headphone/Earphone Use Prohibited on Arsenal Island:

The Army Safety Program ([AR 385-10, Section 6-5](#)) states: Using headphones or earphones while walking, jogging, skating, and bicycling, including pocket bike, motorcycle or moped on Army installation roads and streets, is prohibited. Public, family, and recreational safety programs are an essential part of the Army Safety Program that must continually heighten accident prevention awareness during all on-duty and off-duty recreational programs for Soldiers, Army civilians, and their families. Sports and recreational activities continue to rank high as a major cause of accidental injury. We ask for your kind cooperation in helping to prevent accidents due to distractions.



Motorcycle Safety Course: The USAG-RIA Safety Office will be

sponsoring upcoming Motorcycle Rider Courses. This cycle rider safety training program will be certified by the Motorcycle Safety Foundation. The courses are designed to help riders manage their risk and increase their skills through riding and classroom instruction. Per DODI 6055.4, DoD Traffic Safety Program, military personnel who operate motorcycles must be appropriately licensed to operate on public highways and must have successfully completed an approved rider or operator safety course meeting the MSF-based State-approved curriculum. Any Soldier operating a motorcycle on the Rock Island Arsenal must be in possession of an MSF card when they ride to verify completion of required training. The next one-day Experienced Rider Courses are scheduled to be conducted on **July 16-18** and **Sept. 17-19**. Registration for all courses is through the web-based AIRS system at <https://apps.imcom.army.mil/AIRS>. For further information, please contact [Michael Chaplin](#), IMRI-SO, at (309) 782-2314/1380, or [Nancy Carlson](#), IMRI-SO, at (309) 782-2309.



Equal Opportunity Focus



Furlough-Based Change in Hours for Garrison EEO Office: Due to the furlough, the Garrison EEO Office will be closed every Friday, **July 12 – Sept. 20**. Questions may be addressed to [Shirlene Appleby](#), (309) 782-7747.

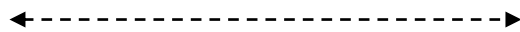
Military Gives a Salute to Gay Pride Month; Messages Sent to Commands:

The U.S. military is embracing a celebration of homosexuals in the ranks this month by sending out a gay pride poster and a directive to commands, while planning a Pentagon symposium that will be attended by Defense Secretary Chuck Hagel. In the aftermath of ending the ban on open gays in the military, the Pentagon last June recognized Gay Pride Month for the first time in a subdued recognition of uniformed and civilian gays. As defense secretary at the time, Leon E. Panetta gave a public statement, and a Pentagon event featured an active-duty gay Marine, a gay Air Force civilian lawyer and a lesbian who had served in the Army. Pride month is low-key again this year. The Pentagon has handed off planning for the event to DOD Pride, an organization of gay military and civilian employees. Directives that have been issued do not say commands must hold similar celebrations. ([More](#))



Traditional Pow Wow to Be Held on Arsenal Island:

There will be a traditional Pow Wow on Arsenal Island on **Aug. 30 and Aug. 31**, 1-6:30 p.m., at Memorial Field, honoring women veterans and grandmothers. There will be dances, traders and venders. Traditional dance categories will include seniors (68+), adults (30-67), and young adults (18+). POC: [Ruth Pushetonequa](#), (641) 260-1524.



Morale, Welfare & Recreation (MWR)



Visit the MWR website at www.riamwr.com for information on all MWR programs. Also [click here](#) to become a fan on Facebook, or Twitter [@golf1897](#), and stay up to date on all the great MWR offerings here at the Arsenal.

Friday, July 5, MWR Facility

Closures: The following MWR facilities will be closed on Friday, July 5 -- Arsenal Club Bar (Bldg. 60), Leisure Travel Office, The Island Oasis Café and Outdoor Recreation (ODR). ODR customers can take advantage of our long holiday weekend special and pick up equipment on Wednesday, **July 3**, and turn it back in the following

Monday, **July 8**, for the normal weekend rate. Call (309) 782-8630 to reserve your equipment.

Friday, July 12, 7 p.m., Beer & Spirit

Pairing Dinner: A Taste of the Quad Cities: Don't miss your chance to sample some locally produced treasures during our July 12th Beer & Spirit Pairing Dinner. Enjoy samples of craft brews from Great River Brewery & spirits from Irish Dog Bloody Mary Mix & Mississippi River Distillery that have been carefully selected to complement and enhance the fine cuisine prepared by our executive chef. The cost is \$50/person. Call (309) 793-1601 for more info and to reserve your seats. ([Flyer](#))

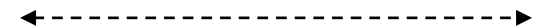
Friday, July 19, 8:30 a.m., Arsenal Island Golf Course Summer Scramble

Golf Tournament: Get your foursome together and see if you have what it takes to be crowned Arsenal Champs. The cost for this four-person best ball tournament is \$65/player (\$50 for annual pass holders) and includes golf, cart, lunch and prizes. Call (309) 793-1604 for more info and to sign up. Advanced registration and payment are highly recommended to ensure your spot. ([Flyer](#))

July Synthetic Oil Change Special at the Auto Skills Shop:

Does the pending furlough have you scratching your head looking for ways to save money. If your vehicle requires fully synthetic oil we'll save you a chunk of change with our July Synthetic Oil Change Special. During the month of July, for just \$59 you'll receive a full service oil change with up to five quarts of top of the line, 5w/20 or 5w/30 Mobil 1 oil. Take advantage of this opportunity to save money and call (309) 782-8631 to schedule an appointment now while supplies last.

MWR RV Lot Key Access: Authorized and paid up patrons of the MWR RV Storage Lots may now also sign out the access key out at the MWR RIA Golf Pro Shop seven days a week. The keys will still be available at Outdoor Recreation and at the Fitness Center. Call (309) 782-8630 for more info.



MWR Leisure Travel Office



Office Hours: Monday through Friday, 9 a.m. – 3 p.m., Bldg. 60. The office is closed for lunch from 10:30–11 a.m., (309) 782-5890. ([email](#)) ([website](#))



Taste of Chicago Bus Trip: Taste of Chicago is the nation's premier outdoor food festival showcasing the diversity of Chicago's dining community. The delicious array of food served at Taste of Chicago is complemented by music and exciting activities for the entire family. Seats on sale now. \$41 per person - transportation only. ([Flyer](#))
Date: **Saturday, July 13**
Time: **6:30 a.m. - 9 p.m.**

Ringling Bros Barnum & Bailey Presents – DRAGONS: For the first time in circus history, myth and majesty will share the arena during this must-see family event that can only be witnessed at The Greatest Show On Earth®! Experience circus spectacles so incredible that once again you will believe in the unbelievable! Contact LTO for dates and discounted prices (309) 782-5890.
Date: **Aug. 30 - Sept. 2**
Time: **Varied**

Disney Junior Live: Producers of Disney On Ice and Disney Live!, is taking top performing cable TV series for preschoolers to the stage in Disney Junior Live On Tour! – Pirate and Princess Adventure. Featuring characters from the smash hits Sofia the

First and Jake and the Never Land Pirates. \$20 lower and \$14 upper bowl.
Date: **Friday, Oct. 18**
Time: **6:30 p.m.**

Outdoor Recreation 4th of July

Special: Patrons can check out items for the 4th of July Holiday Weekend and only pay the weekend rate. All items must be picked up on **July 3** and returned on **July 8**. Call (309) 782-8630 to reserve your recreational equipment today.

Outdoor Recreation Summer

Entrance: Effective May 20, Outdoor Recreation Patrons were asked to use the back entrance of Bldg. 333 for equipment pickups and returns. This will make it easier for patrons to load and unload equipment from their vehicles. For more information please phone x-8630.

Six Flags Great America: Thrill-seekers are sure to enjoy one of our amazing roller coasters. We have a variety of out-of-this-world coasters, including Viper, Batman The Ride and Raging Bull, the world's first hyper-twister coaster. In total, the park has nearly seven miles of thrilling coaster track. Discounted tickets adult/child \$36.

Mount Olympus Waterpark: One of the world's largest wave pools, some of the fastest rivers and steepest slides make Mount Olympus is the best attraction for outdoor summer time fun. Wristbands on sale for \$28, a \$11.99 savings.

Six Flags Saint Louis: An amazing theme park featuring awesome rides, great shows, and incredible attractions, plus Hurricane Harbor water park. Discounted one-day admission tickets for adults/children \$36.

Adventureland Park: Adventureland Amusement Park contains more than 100 rides, shows, and attractions including some of the country's most exciting roller coasters and thrill rides that can challenge the most avid amusement park enthusiasts. There are also plenty of rides for less adventurous guests as well as a full complement of children's rides. Discounted tickets \$30.

Davenport RAVE Theatre: Leisure Travel will be offering for sale Platinum Supersaver Prepaid Admission Tickets to RAVE theatre in Davenport (formally 53rd cinemas) These tickets have no restrictions or expiration date.



Movie Night Gift Cards at Leisure Travel:

Stop by the Leisure Travel Office and pick up a gift card for \$27 that is redeemable at the Regal Moline Stadium Theater for two adult movie tickets and \$10 in concessions. These make great for a present for that special someone in your life. The Leisure Travel Office also is once again selling discounted single movie tickets for \$8.50. Call (309) 782-5890 for more info. ([Flyer](#))

Child, Youth & School Services

☪ **Army Certified Family Child Care Provider:** Would you, or someone you know, be interested in becoming an Army Certified Family Child Care provider for the Arsenal? We are always looking to bring more FCC providers into our program. You would be doing childcare out of your home with access to our lending closet for borrowing supplies, as well as certified training provided through the Arsenal. For questions or more details contact our FCC director Nancy Lawson at (309) 782-0813.

Army Community Service (ACS)



ACS is located in Bldg. 110, 1st floor SE; Visit our [ACS website](#) or phone (309) 782-0829. Call ahead for special accommodations when attending ACS classes. [Find us on Facebook click here](#). 24/7 Sexual Assault Hotline: (309) 229-8412



Military Consumer Protection Day:

The Federal Government and Department of Defense is sponsoring a Military Consumer Protection Day on Wednesday, **July 17**. Become a wise consumer and enhance your consumer knowledge: visit www.military.ncpw.gov and the "Know-How" section to learn about making large purchases, entering into contracts, managing credit and getting help.



Furlough Education and Money Saving Tips Available from Financial Readiness: Army Community Service's Financial Readiness Office has put together a library of resources and tools to help you weather the furloughs. Please check out the wealth of good

information, budgeting tools and briefing slides available at www.riamwr.com/acs/financial-readiness and call the Financial Readiness Office at (309) 782-0815 for more info.

11 Days of Furlough: a Money

Planning Calendar Briefing: You may view and download a briefing for a Furlough Money Planning Calendar at www.riamwr.com/acs/financial-readiness and look for Furlough Support. The briefing enables the employee to plan for the various furlough dates and paydays. For assistance contact [Jon Cook](#) at (309) 782-0815.

Employee Assistance Program



For free, confidential counseling assistance or for information on services that are available, call (309) 782-4357. Normal business hours are from 7:30 a.m. – 5 p.m., Monday - Friday. For additional information on the Employee Assistance Program see [our website](#) or visit us on [Facebook](#). The new location for the EAP/ASAP is Bldg. 56, 1st floor, East.



Rock Island Arsenal Community Health Promotion Council

Announcement: The RIA Employee Assistance Program Presents: Real Colors, **July 15, Aug. 12, Sept. 17, and Oct. 16.** Want to enhance your communication skills? Real Colors offers you a peek into human personality. It will provide you with a better understanding of human behavior and help you recognize, accept and learn to value the differences in others. Real Colors has proven to be an effective tool to increase understanding, empathy and effective communication in the workplace. Sign up in [TEDs](#) (search key word "Real Colors") or for more information contact Lori Griffin at (309) 782-2551.

Summer Blues – July 2013: School's out and the kids are home enjoying the long days of summer; or maybe not. While July is considered by some to be the happiest month of the year, sometimes the change in routine or expectations of the season can lead you or your children to feel depressed. Depression in children or their parents is a concern as either can negatively affect a child's wellbeing. Children who are depressed may miss out on being with their peers and enjoying activities. It is also more likely for children who grow

up with a depressed parent to be depressed in adulthood ([Offspring of Depressed Parents: 20 Years Later; The American Journal of Psychiatry](#)). The good news is that treatment can help. A study reported in the Journal of the American Medical Association found that when mothers achieved remission of their depression symptoms through treatment their children also became less likely to be depressed ([Depression Rates Are Lower in Children Whose Mothers Are Successfully Treated; National Institute of Mental Health](#)). Because treatment for mental health conditions can improve not only your life but also your children's, the Rock Island Arsenal Employee Assistance Program invites you to take advantage of the free and confidential counseling and referral services that the program has to offer. Schedule an appointment with an EAP counselor by calling (309) 782-4357. Master-level counselors can provide information, short-term counseling, and referral services. If you have any concerns about depression, talk it over with a trained professional at the EAP.

PTSD Support Groups: Is the quality of your life being affected by Post-Traumatic Stress Disorder? The Rock Island Arsenal Health Clinic and Employee Assistance Program are

sponsoring support groups to assist you through this difficult challenge. Contact Rita Baugh, EAP counselor, at (309) 782-2552 for more details.

Understanding PTSD: The RIA EAP is offering educational classes on Post-Traumatic Stress Disorder. Classes will be held in Bldg. 56, 1st floor, Room 122, 10:30-11:30 a.m., on the following dates: **July 23** and **Aug. 27**. Call (309) 782-4357 to enroll.

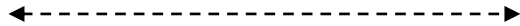
Smoking Cessation Group: Want to join a supportive group of individuals with a common goal to quit smoking? The Employee Assistance Program offers an ongoing educational support group. The group meets each Wednesday, 3-4 p.m., in the EAP office located in Bldg. 56, 1st floor, east wing.

Stress Management: The Rock Island Arsenal EAP is offering classes on Stress Management. Classes will be held in Bldg. 56, 1st floor, Room 122, 10:30-11:30 a.m., on the following dates: **July 9**, and **Aug. 13**. Class size is limited. Call (309) 782-4357 to enroll.

Grief Support Group: Grieving? We can help. The Employee Assistance Program is sponsoring a support group for individuals who are mourning the



death of a loved one. The group meets on Tuesdays, 3-4 p.m., in Bldg. 56, 1st floor, room 122. For more information contact Rita Baugh, EAP counselor, at (309) 782-2552.



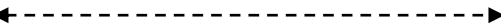
Education/Training Review



The Rock Island Army Education Center is located in Bldg. 56, 1st floor, west end of the building. Office hours: 7:30 a.m. - 4 p.m., Monday - Friday. Phone: (309) 782-2065 Fax: (309) 782-7901. Please visit our [website](#) to learn more.

Take Advantage of This Special Benefit for RIA Military & Civilian Personnel:

Lunch-n-learn session to learn how military & civilians can earn an MBA. SAU offers special pricing at fraction of regular tuition rate for MBA students. **July 17**, Bldg 56, Rm 116, 11-11:45 a.m. or 12-1 p.m. Lunch provided. RSVP (563) 333-6170.



Commissary / Exchange



The [Rock Island Commissary](#) and the [Exchange](#) are for active duty military

and retirees only. There are exceptions for select items (mainly consumable) at the Exchange that can be purchased by Arsenal Island employees with ID. The Commissary makes fresh fruit baskets daily for you! Shopping for someone who has everything? Problem solved. They are hungry for fresh fruit. Just buy them a fruit basket and relax. Ask our friendly staff to make you one or order one in advance. Check out local specials and get POC information [HERE](#). For information on this and other Commissaries, visit: www.commissaries.com ([Facebook](#))

Military Commissaries to Close One Day Per Week: Military commissaries will handle Defense Department furloughs by closing for one day a week, the Defense Commissary Agency said. Most commissaries will close on Mondays up to 11 times **between July 8 and Sept. 30**. The additional closure of one day per week will be in addition to any days stores normally are closed. That means that the 148 commissaries that routinely close on Mondays will also close the next normal day of operation, DCA said. "We know that any disruption in commissary operations will impact our patrons," said DCA Director and CEO Joseph H. Jeu. "Also,

we understand the tremendous burden this places on our employees, who, when furloughed, will lose 20 percent of their pay." Furlough notices are slated for delivery to DCA employees between May 28 and June 5. Jeu said the agency determined that Monday closures "would present the least pain" for employees, customers and suppliers. DCA operates 247 commissaries with more than 16,000 employees in 13 countries and two U.S. territories. The furloughs will affect all of the agency's 14,000 U.S. civilian employees. ([More](#))

Commissary Savings Help Highlight Summer Fun:

There is always something fun to look forward to in the summer months, and whether it's a trip of a lifetime or a picnic in your own backyard, your commissary provides military shoppers special savings that help make summer fun. "June is a busy month for families," said Michelle Frost, DeCA's chief of promotions and marketing. "There's Father's Day, graduations, children are out of school, vacations are starting and outdoor grilling season is in full swing! No matter the occasion, commissaries have you covered." DeCA's industry partners - vendors, suppliers and brokers - are collaborating with commissaries in June to offer discounts beyond everyday



savings. Overseas stores may have substitute events for certain promotional programs. Customers should check with their store manager to verify when they will be offering these sales events.

([More](#))

Arsenal Archive

Information for the *Arsenal Archive* is made available by the Rock Island Arsenal Museum. The Museum is open to the public, Tuesday through Saturday, 12-4 p.m. Closed Sunday, Monday, federal holidays, the Friday after Thanksgiving, and Christmas Eve. Admission is free. ([website](#))

Colonel Davenport House Open on July 4th: The Colonel Davenport House will be open for guided tours on Thursday, **July 4**, 12-4 p.m. George Davenport was attacked there on July 4th while his family was away because robbers thought he had gold there. Davenport did not have any gold, and later died from his wounds after describing his attackers. George Davenport came to Rock Island in 1816 as a civilian who had a contract to supply rations to the Soldiers at Fort Armstrong. George Davenport was the first permanent white resident in the

Quad Cities area and built his house on Arsenal Island in 1833-34. The house is open Thursday-Sunday 12-4 p.m. Admission charged. For more information, visit their website at www.davenporthouse.org or call the house at (309) 786-7336.

This Week in Rock Island Arsenal History – July 1-7: In July 1916, employment at the RIA numbered 2,226 and reached a maximum WWI figure of 13,263 employees in July 1918. Col. George Davenport was murdered by bandits at his Rock Island estate on July 4, 1845. In July 1878, excavation work for Shop K (Bldg. 68) began. On July 6, 1978, a ceremony was held at RIA to celebrate the completion of the first two of 19 M198 155mm towed howitzers to be manufactured and assembled at the RIA. In July 1962, the RIA acquired from Watertown Arsenal the responsibility for support development, industrial engineering, manufacture, and maintenance engineering on carriages, mounts, recoil mechanisms, and loaders for towed anti-aircraft guns: and carriages, recoil mechanisms, limbers and wagons for field guns and towed howitzers of calibers larger than the 155mm gun and eight-inch howitzer.

Healthbeat

Protect Your Eyes From Ultraviolet

Light: July is Ultraviolet Light Safety Month, and anyone who has been sunburned in the past knows the effects of too much sun and UV light exposure. Most are aware that prolonged UV exposure can cause skin cancer and speed up the aging process of skin. Some are aware that UV light is needed by our bodies to produce vitamin D, which helps strengthen bones, muscles and the immune system and helps improve our mood. Yet many are not aware that prolonged UV exposure damages the tissues of the eye and can lead to cataracts and other eye conditions such as the loss of central vision due to macular degeneration. In fact, most do not recognize the importance of UV protection for their eyes to prevent visual impairment. A recent study by the American Optometric Association stated that only 47 percent of Americans thought that UV protection was the most important factor when selecting sunglasses. ([More](#))

Knowing Your Headache Provides

Relief Options: Do you know how burdensome headaches can be? According to the World Health Organization, headaches are among the



most common disorders of the nervous system. Eighty-five to 90 percent of the world's population experiences them throughout their lifetime. The pain can be throbbing, shooting or pulsing and can show up around your temples, neck and head anytime--day or night. Headaches can be extremely disruptive, especially for the 10-15 percent of individuals with chronic and severe headaches. Scientists have yet to find a cure for all of the 200 kinds of headaches but, until they do, proper knowledge of the types of headaches out there and how to manage them will make coping easier. ([More](#))

Children Can Eat Healthy While On-

The-Go: Is eating on-the-go now the norm for your family? Busy family schedules often lead to fast foods and convenience foods. Unfortunately, these food and beverage choices are often not the healthiest and may cause children to eat too many calories. In addition, many of these on-the-go food choices may not provide important nutrients children need for good health. Too many calories, especially when coupled with inactivity, contribute to our nation's growing trend in childhood obesity. Obesity affects approximately one out of five children and adolescents in the United States--triple the rate from just

one generation ago. Finding easy, creative ways to add more fruits and vegetables in place of other foods may be important in reducing risk for child and youth obesity. One study on fruit consumption showed that higher fruit consumption is linked with a lower body mass index in both adults and children. Another study suggests that people who eat more low-calorie and nutrient dense foods such as fruits and vegetables have a healthier body mass index. An easy way to get more fruits and vegetables is to consciously provide fruit and vegetables at lunchtime and as snacks. Five to nine servings per day of fruit and vegetables is recommended. ([More](#))

Health Clinic Announcement: Sick Call hours 7-8 a.m. Tricare Closed **July 5**. Radiology Closed **July 3, 5**. Clinic closed **July 4** – Holiday. Training Holiday for Military – **July 5**. The Clinic will be closed on Fridays during the furlough. For any issues or concerns with the RIAHC clinic please call our customer support line (309) 782-0721.

←-----→

Notes for Veterans



Veteran Status Designation Available for Iowa IDs: Iowa veterans now have the option to add a “veteran” designation

to their driver’s licenses. According to the Iowa Department of Transportation, the designation is a voluntary initiative designed to assist veterans who benefit from discounts offered by businesses. Iowa DOT said often veterans have to provide proof of status to take advantage of offers. The designation became available July 1. ([More](#))

VA Starts Campaign to Raise PTSD

Awareness: In observance of post-traumatic stress disorder (PTSD) awareness month, the Department of Veterans Affairs National Center for PTSD invites the public to participate in its “Take the Step” campaign. “Every day of the year, we should focus on assisting those who have served our Nation,” said Secretary of Veterans Affairs Eric K. Shinseki. “In June, during PTSD awareness month, we take special care to help Veterans with PTSD. va is a leader in providing state-of-the-art, high-quality mental health care that improves and saves Veterans’ lives. PTSD treatment can help and there is hope for recovery for Veterans who need mental health services.” Throughout the month, online at www.PTSD.va.gov, the campaign has highlighted different topics so visitors can “Take the Step” to: know more about PTSD; challenge their beliefs;



explore the treatment options available; and reach out to make a difference.

[\(More\)](#)

Carpooling Announcements

Submit carpooling announcements via the [Island Insight submission page](#). Please use that page to contact Garrison Public Affairs to take your announcement off once you have found a ride.

Carpool:

- **Carpool:** Looking for a ride and pay for gas. Location - Davenport. Flexible work hours are to 6 a.m. – 2:30 p.m. Call thru Illinois relay at (800) 526-0857 to contact me at (309) 782-1078 (TTY). [Email](#)
- **Carpool:** New hire with flexible hours seeking to pay for ride from Moline 9th & 53rd, (Franklin School area) (309) 757-5755.

Around the Q.C.

July 3: [Red, White & Boom!](#) (The District, Downtown Davenport)

July 4: [31st Annual Firecracker Run](#) (East Moline)

July 4-6: [Mississippi Valley Blues Festival](#) (LeClaire Park, Davenport)

July 5-21: [Countryside Community Theatre Les Misérables](#) (North Scott High School Auditorium in Eldridge)

July 7: [Disc Golf Tournament - Disc Ha Ha](#) (Credit Island Disc Golf Course)

July 8-14: [John Deere Classic PGA Tour](#) (TPC Deere Run, Silvis)

July 10: [22nd Annual YouthFest](#) (Centennial Park, Davenport)

July 11: [Metro Arts Summer Youth Employment Showcase](#) (Quad City Arts Center, Rock Island)

July 13: [29th Annual Moonlight Chase](#) (Eldridge Festival, Eldridge, Iowa)

July 13: [Quad Cities Cruisers Cruise-In](#) (SouthPark Mall, Moline)

July 17: [Journey of Hope Bicyclists' Summer Bash](#) (Splash Landing, Bettendorf)

July 19: [Inaugural Dodging High Fares Dodgeball Tournament](#) (Augustana Pepsico Rec Center, 30th St., Rock Island)

July 19-21: [USA BMX National Championships](#) (East Moline BMX Speedway)

July 19-20: [Heartland Jam](#) (Centennial Park, Downtown Davenport)

July 25-26: [Orthopaedic Specialists Sports & Wellness Expo](#) (RiverCenter, Davenport)

July 26: [Genesis Carb It Up Pre-Bix Pasta Dinner](#) (RiverCenter, Davenport)

July 26-27: [42nd Annual Street Fest Presented by the MVRBC](#) (2nd Street, Davenport)

July 27: [39th Annual Bix 7 Run/Walk](#) (Downtown Davenport)

July 30-Aug. 4: [Great Mississippi Valley Fair](#) (Mississippi Valley Fairgrounds, Davenport)

Aug. 1-4: [42nd Annual Bix Beiderbecke Memorial Jazz Festival](#) (LeClaire Park and RiverCenter, Davenport)

Aug. 2: [Flamingo Fling](#) (Quad Cities Botanical Center, Rock Island)

Aug. 4: [12th Annual UPS / Gilda's Club Golf Tournament](#) (Glynn's Creek Golf Course, 19251 290th St., Long Grove, Iowa)

Aug. 6: [National Night Out](#) (Various QC locations)

Aug. 8: [Freedom Run – a tribute & appreciation event for those who serve\(d\), proceeds to USO/AUSA](#) (Downtown East Moline)

Aug. 8: [12th Annual Living Lands and Waters Barge Party](#) (Schweibert Park, Rock Island)

Aug. 8-10: [27th Annual Tug Fest](#) (LeClaire, Iowa & Port Byron, Ill.)

Aug. 9: [10th Annual Davenport Parks and Recreation Doggie Dip, 6-7:30 p.m.](#) (Fejervary Family Aquatic Center, Davenport)

Aug. 9-10: [23rd Annual Ya Maka My Weekend](#) (The District, Rock Island)

Aug. 10: [10th Annual Xstream Cleanup](#) (Numerous Sites Around the QC)

Aug. 10: [Hy-Vee Ironkids Triathlon](#) (Bettendorf YMCA)

Aug. 10: [Pioneer Trailblazer 5K](#) (Alleman High School, Rock Island)

Aug. 10: [Up With Life 4K Community Walk for Suicide Awareness and Prevention](#) (College Square Park, Cambridge, Ill.)

Aug. 10: [Quad Cities Cruisers Cruise-In](#) (SouthPark Mall, Moline)

Aug. 10: [Pontiac Fiero Car Show](#) (Village of East Davenport)



Aug. 10-17: [ISC Men's Fastpitch World Tournament](#) (Greenvalley Sports Complex, Moline)

Aug. 16-17: [9th Annual River Roots Live & River Rockin' Ribfest](#) (LeClaire Park, Davenport)

Aug. 17: [River Action's 4th Annual Floatzilla](#) (Sunset Marina, Rock Island)

Aug. 17: [Colonel's Croquet Party](#) (COL Davenport House, Rock Island Arsenal)

Aug. 17: [East Village Wine Walk](#) (Village of East Davenport)

Aug. 22: [Genesis Pro-Am Challenge](#) (Crow Valley Golf Club, Davenport)

Aug. 22-25: [World Series of Drag Racing](#) (Cordova Dragway)

Aug. 24: [Quad Cities Irish Festival](#) (Rock Island)

Aug. 24: [Color Me Rad 5K](#) (iWireless Center, Moline)

Aug. 24: [Iowa SIDS Foundation Walk for the Future - Run to Remember](#) (Crow Creek Park, Bettendorf)

Aug. 24-25: [Village's Antique Tractor Show](#) (Village of East Davenport)

Aug. 29-Sept. 1: [Antique Motorcycle Swap Meet](#) (Mississippi Valley Fairgrounds, Davenport)

Aug. 31-Sept. 1: [Rock Island Grand Prix](#) (Downtown Rock Island)

Sept. 2: [Bettendorf Rotary Run with Carl](#) (Life Fitness Center, Bettendorf)

Sept. 2-3: [Village Fall Festival](#) (Pioneer Village, Walnut Grove, Iowa)

Sept. 7: [Case Creek Obstacle Survival 5K Run](#) (Coal Valley, Ill.)

Sept. 7: [Quad City Symphony Riverfront Pops](#) (LeClaire Park, Downtown Davenport)

Sept. 7: [¡VIVA! Quad Cities](#) (Isle Casino Hotel Bettendorf)

Sept. 7-8: [Beaux Arts Fair](#) (Downtown Davenport)

Sept. 14: [4th Annual Hilltop Campus Village Fall Music Festival](#) (Hilltop Campus Village, Davenport)

Sept. 14: [River Action's Taming of the Slough](#) (Two Rivers YMCA Boathouse, 17th St. at the Mississippi River, Moline)

Sept. 14: [Nick Teddy Fight Against Ewing's Sarcoma 5K Run/Walk](#) (Main Street and Great River Trail, Port Byron, Ill.)

Sept. 14: [Quad Cities Cruisers Cruise-In](#) (SouthPark Mall, Moline)

Sept. 15: [Nancy Kapheim Memorial Classic](#) (Rock Island)

Sept. 15: [Run 3 for 30 5K Trail Run/Walk](#) (Crow Creek, Bettendorf)

Sept. 21: [Brew Ha Ha](#) (LeClaire Park, Davenport)

Sept. 21: [Celtic Festival & Highland Games](#) (Centennial Park, Davenport)

Sept. 21: [Operation Palmer Promotes Play-OP3](#) (Sister Concetta Park, Davenport)

Sept. 21-22: [Riverssance Festival of Fine Arts](#) (Village of East Davenport)

Sept. 22: [Quad Cities Marathon](#) (Downtown Moline)

Sept. 27-29: [Hot Air Balloon Festival](#) (Kennedy Square, East Moline)

Sept. 28: [Killer Bee & Bumble Rumble](#) (St. Ambrose Campus, Davenport)

Sept. 28: [Battle-on-the-Island Adventure Race](#) (Credit Island, Davenport)

Oct. 5: [Inaugural Milan Fireworks Fun Run](#) (Camden Park, Milan)

Oct. 5: [Wells 4 Wellness 5k](#) (Moline)

Oct. 12: [Trinity Quad Cities Classic Regatta](#) (On the Mississippi River in Moline)

Oct. 12: [Quad Cities Cruisers Cruise-In](#) (SouthPark Mall, Moline)

Oct. 12: [Running Dead 5k](#) (Moline)

Oct. 19: [Run with the Nation's 5k](#) (Moline)

Oct. 20: [9th Annual CBRC Pumpkin Dash](#) (Credit Island, Davenport)

Oct. 24: [Fright Night](#) (The District, Rock Island)

Oct. 26: [Witches Walk](#) (Downtown LeClaire)

Oct. 26: [Lagomarcino's Cocoa Beano 5K Race](#) (Sylvan Island)

Oct. 26-27: [Boo at the Zoo](#) (Niabi Zoo, Milan)

Nov. 9: [Black Hawk College 5k Hustle - For The Hill Of It](#) (70th St entrance, Moline)

Nov. 15-24: [Quad City Arts Festival of Trees](#) (RiverCenter, Davenport)

Nov. 16: [Festival of Trees Parade](#) (Downtown Davenport)

Nov. 16: [Lighting on the John Deere Commons and Holiday Pops Concert](#) (Downtown Moline)

Nov. 22-Dec. 1: [Quad City Arts Festival of Trees](#) (RiverCenter, Davenport)

Nov. 28: [Scott County Family Y Turkey Trot](#) (Downtown YMCA, Davenport)

Dec. 1: [19th Century Christmas](#) (Butterworth Center, Moline)

Dec. 6-7: [Christmas in the Village](#) (Village of East Davenport)

Dec. 14: [Jingle Bell Run/Walk 5K for Arthritis](#) (South Park Mall, Moline)

←-----→

Island Insight



Col. Elmer Speights, Jr., Garrison Commander; Eric Cramer, Public Affairs Officer; Mark Kane, Editor

The Army publication, Island Insight, is an unofficial publication authorized under [AR 360-1](#) to provide information on people,



policies, operations, technical developments, trends and ideas of, about, and of interest to the Rock Island Arsenal community. It is published weekly using word processing software and Adobe PhotoShop using Portable Document Format reproduction for online distribution with the use of federal funds under provisions of [AR 360-1](#) by the Rock Island Arsenal-Garrison Public Affairs Office. Contents of Island Insight are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, or the Department of the Army. The views and opinions expressed are not necessarily those of the Garrison or the Department of the Army. The editorial content of Island Insight is the responsibility of the Rock Island Arsenal-Garrison Public Affairs Office. [Submission of announcements, articles, photos, letters, and graphic art of interest to the general readership is encouraged.](#) All manuscripts are subject to editing and rewriting prior to publication. Postal address: Garrison Manager, 1 Rock Island Arsenal, ATTN: IMRI-PA, Rock Island, IL 61299-5000. For [submission of announcements to the Island Insight](#); usarmy.ria.imcom-central.mbx.usag-ria-pa@mail.mil; Phone: (309) 782-1121. The Island Insight is [available on-line](#).

